Lester Levenson Private lessons

[Speaker 1] (0:00 - 13:28)

Good morning. Talking about relationships, the sweetest, sweetest kiss of all kisses is the kiss of freedom. And in order to get that kiss of freedom, you must understand the word kiss, K-I-S-S.

Keep it simple, sweetheart. If you will latch on to, catch hold of, absorb, understand that simplicity is the way to understanding the ultimate, it will expedite your getting there tremendously. Keep it simple, sweetheart.

It is so simple when you discover it, only then you know it's the simplest of all simples, thyself, thy inner beingness, your is-ness, your am-ness. Knowing which, you will know everything, besides being in the highest, most delectable state there is. And everything you're seeking externally, unconsciously, is looking for this ultimate state.

And you'll never, ever stop chasing it and banging yourself against the wall of the world until you discover it, by stopping banging yourself against the world, going within and discovering exactly what it is that you are. But you must keep it simple to get to the simplest of all simples, your very own self. The way to that place is so simple.

All you need to do is quiet the mind. It's your mind. You made it noisy, you can quiet it.

Get that mind totally quiet and that's it. Is that hard to understand? A quiet mind puts you in touch with the all-powerful, all-knowing being that you are.

Quieting the mind does it. Is there anyone here who cannot understand that? Mind quiet, that's it.

When your mind is quiet, you're self-obvious to yourself and you are in touch with all the power in the universe that's being within you. You are in touch with all the knowledge there is, which is within you. It comes right from your beingness, which you will not quiet your mind for one moment to see.

If you would quiet your mind for just one moment, you would see this and thereafter pursue only it. So, to be smart, we need this kiss theory. You keep it simple.

You're drowning it out in over complications and running hither thither to everywhere where it isn't. And where is it? Right where you are.

The reason why we're not going free, we're not reaching the ultimate, is we're not quieting the mind. And for hundreds and thousands of years they've been telling us what to do. They tell you quiet the mind, but they have not given us the how-to, which is so simple.

Now, your mind is active 24 hours a day on guard in order that you survive. All those programs called apathy, grief, fear, lust, anger, and so forth, every one of them is a survival program. So, you're constantly on guard 24 hours a day with hundreds of thoughts, which you have very foolishly relegated to the background and you don't look at them and you say they're unconscious, taking no responsibility for them, even though you've piled them up back there.

You lock them into a closet called the unconscious, disclaiming responsibility for it. Take responsibility for all this accumulated ag-flat in your subconscious mind. Then you can start doing away with it.

The mind will never ever give you the answer, and you're looking for it via the mind. The expression is you're trying to cross the river by grabbing hold of an alligator. It'll never take you across the river.

You must start quieting that mind. And the thing that quiets the mind is no thoughts. And what motivates all thinking?

Feelings. And all feelings superficial culminate into the heavier feelings that we call ag-flat. The ag-flat culminates into two called approval, control, which culminate into one called survival, security.

When we rid ourselves of wanting approval or wanting control, we rid ourselves of all the ag-flat and the hundreds of other feelings. They're out of the subconscious and the mind is quiet. And then we are coming from our infinite beingness, working intuitively, which is simply saying we're coming from our omniscience.

That's all it is. All this intellectual knowledge that we work through our mind is coming through ignorance. Ignorance of the fact that just behind the mind is omniscience.

Ignorance of the fact that everything we do via the mind is limited and hurts. Every thought has a certain amount of limitation to it and covers over the unlimited being that we are. So we need a method that'll pull out the motivation of all thinking, which is called feelings, and that will quiet the mind.

The mind will never quiet the mind because the mind is a mechanism of falsely looking for survival, security, approval, control. And as long as the mind is a mechanism for that, it will never ever give you the right answer. It will forever keep you running after the wrong answers.

And you get moments of pleasure and long periods of pain. But you must keep it simple. You are the ultimate being, omnipotent, omniscient, and omnipresent, acting with extreme limitation held within the mind, pushed back into a closet called the unconscious, and acting as though I didn't do it.

And if it comes up, we don't like it, we try to push it back in the closet. The way is simple, and the way is easy. Let the things come up.

Get them under approval or control and let them out. Carry out the six steps of the method, and it'll take you months to empty out the totality of your garbage, after which life becomes a near effortless, beautiful, harmonious, almost dream. Everything comes to us with no effort.

By just merely placing a thought in our quiet mind, it'll manifest, but not immediately, quickly. And you'll never ever stop struggling until you do that. So why not now?

Why not in the next few months? Get smart. Remember the kiss theory.

As we break it down into three parts, there's this infinite I that I am, all-knowing, all-powerful, everywhere present, right now, always was, always will be. And how much of it are you living? Isn't that silly?

What it takes to get to know that is just the resolve that this is better than this. A body with sickness, with constant attention to keep it surviving, fighting a battle that's an absolutely no-win battle. Where are all these bodies going to be a hundred years from now?

How smart are we to spend all our time surviving this body when we know it's not going to survive? Now, intelligence should be defined as the ability to be happy. Psychology defines it as the ability to resolve problems.

It should be the ability to be happy, the ability to be happiest. And were we intelligent, we would be the happiest. Everything we're fighting for, struggling for out there in this world is already ours, and we're running away from it, chasing after it where it isn't.

I'm sure some of you have seen this. I think people have seen what I'm saying. Okay, why aren't you a freak?

Why aren't you a self-limited being?

[Speaker 4] (13:29 - 13:30)

Some more things in the world.

[Speaker 1] (13:31 - 36:19)

Right. You want these stupid things in the world which you think aren't going to give you this, and again and again and again and again. Every day, year in and year out, it doesn't give it to you.

You never stop struggling for that which you are externally. You've got to make that U-

turn. You've got to stop chasing it out there, make a U-turn right back on you and see you the way you really are, whole, complete, omnipotent, omniscient, omnipresent.

This is what you're struggling for in your every act out there. Call it happiness, security, whatever. You'll never ever stop until you get to fully identifying yourself as to what you really are.

This is the changeless you. It's perfect. You cannot do a thing to it except look away from it, but you can't do a thing to it.

So, get intelligent, get all that happiness there is in the universe, get to the ultimate state, get out of the struggle, and let yourself just be and be and be. So, here we are, this infinite beingness, and we set up a mechanism called mind, which the world thinks is so complicated. They go through college courses and get doctorates and they don't know what it is after so many years of study, and all it is is a sum total collection of our thoughts and feelings.

The mind is a very simple thing. It's the totality of all our thoughts and feelings. You know what a thought and feeling is.

That's what mind is. And the majority of it we don't look at. It's unpleasant, so we call it unconscious.

We set up this mind which sets up the body. The only place you can see your body or any other body is in your mind. It is nowhere else, and the proof of that is every time you go to sleep, out goes your body and every other body.

When I say don't wake up, there's never any more bodies, but you are. We're only possible to do that. That'd be great.

Go to sleep, dreamless sleep, and don't wake up. You would become aware of the fact that you are your beingness, but it's impossible to do it that way. We program this thing in, and like the astronaut in 2001, he went into the computer, and that's all our mind is, is a computer, and started pulling out the banks.

And those banks are apathy, grief, fear, lust, anger. Those are all the programs. Pull them out, and you'll just be.

Quiet that mind, and then you're aware of being in this state. And remember, the mind will never quiet the mind. That's why all the ways that have been tried for thousands of years don't work.

They're all trying to do it within mind. The mind is the enemy, it will not do it. We must quiet that mind by quieting the motivation of the mind called feelings.

Now, in all these feelings, relative to the highest love, are all non-love feelings. That's

why the world is in such a destructive direction. But they're acting, as I started to say, all feelings, relative to love, are non-love feelings, and are destructive.

All agflap is destructive. Remember, underneath the agflap, everyone is a Christ. Everyone is all love.

And the only thing covering up this all-lovingness of ours is the agflap. But you know what? You can transcend a hydrogen bomb.

You can make yourself untouchable by a hydrogen bomb. How? The absolute conviction, the hydrogen bomb cannot touch me, won't do it.

So, you're seeing some of these things coming out in the world, and things like fire-walking. We've had a few classes, I think, in Sedona here, where a teacher's taking people over red-hot coals barefooted. People get themselves in a nice high state, absolutely convinced that they can do it, and they just come, we walk over the red-hot coals.

It's just a thought, that's all it is. Can anyone have a thought here? It's just a thought.

But see, that goes for everything. You can withstand a hydrogen bomb the exact same way. You see, you can override, momentarily, the subconscious negativity.

But you need to eliminate that negativity to have that ability for all time. Whatever you think is. This is the funny thing that's going on all the time.

There's nothing out there but your thought. Again, that's proof that there's something out there. By going to sleep.

All that out there disappears when you go to sleep. Where is it? It's in your mind.

It's your mind that says there's a character up here, Lester, talking to you. Put your mind to sleep. I'm gone.

Don't wake up. I'm gone forever. But you'll remain, like you do every morning when you come out of a deep sleep.

You see how simple it is? Keep it simple. There's nothing out there but your thought.

Everything happening is your thought. Most of what's happening is negative. Get rid of your thought.

How? Get rid of your mental action by quieting. Quieting the mind to where there's no thoughts, unless you choose to put a thought in.

It's simple and it's easy. You just make that choice. When you want freedom, when you decide you want freedom, more than you want everything else you've got in life, and I

mean everything else, relationships, wherewithal, when you want freedom more than you want those things, you get it quickly.

Also, when you see that the only reason why you want that is to have that freedom, that'll help you make that decision. You're going after that ultimate state of security the wrong way, externally, and the only way you'll ever get it is inward. And once you have that, nothing in this universe can touch it.

What you don't see is you're experiencing exactly your mental picture, your sum total thinkingness, which includes all the unconscious thinkingness, which is 95% of your thinkingness now. That's all you're experiencing, is your sum total thinkingness, the conscious and the unconscious together. But you've got to keep it simple.

Get to see this and then work to undo that mind activity by ridding yourself of your feelings. And when you do that, you're in the highest state of love there is, which is the natural state. I want to give you a summary of what it's all about.

Number one, you must remember the Kiss Theory. Keep it simple, sweetheart. Keep it simple.

If you don't, you'll be forever in confusion. You must keep it simple. Now, there's nothing more intimate than this infinite being that you are.

You're feeling it every moment. There's nothing more intimate than this unlimited being that you are. Can you see how simple it is?

Remove the static of the ag flap, and there it is. Your basic nature is all happiness, but you're moving in every direction away from it all the time. Stop that movement, stop that action, and just be what you are.

Be the total happiness. That's your basic nature. Isn't that complicated?

You must keep it simple. You are that which you are seeking. You are that ultimate being.

You are infinite. Stop all that noise and effort of being otherwise. How?

Remove the ag flap. Isn't that simple? Why don't you do it?

It's more interesting than garbage. It's like that story from India. The fisherwomen were walking with their fish baskets through a field of flowers, and they decided to take a nap.

So they parked their fish baskets and walked into the field and tried to sleep. They couldn't sleep. They had to go back and get their fish baskets and park it near their heads so they could sleep.

They needed that smell. And this is what you're doing. So, be smart.

Make it simple. Drop the ag flap. Identify.

Discover where you're at now. You're here now, right where you are. Look at where you have been.

Notice that you've come up, but there is a way up and out. And set your goal for where you're going, and see where you are on that scale, and how much you are fooling yourself by not doing that which requires you to go all the way. I used to say to me, I only know that which I can do.

How unlimited am I? This used to shock me. It can shock me up a bit.

I only know that which I can do, let's say. So, place yourself where you're really at. The natural state is effortless.

We merely think, and things drop into our experience. The unnatural thing is to do it the hard, hard way. As you see yourself, you break yourself up into three parts.

Your beingness, your mind, your body and world. You, your beingness, is the real changeless you, over which you have no control. There's nothing you can do about it.

You can only look away from it. Your mind and your body constitute the ego you. The sense of separateness, I lesser am, not the all.

But when you zero in on your beingness, you discover there's only one beingness, and you are the total beingness of the universe, and that everything is in you. And everything, you see, you create it. You create it in you.

And if you don't like it, change the creation picture in your mind, and it changes out there immediately. No matter what the situation is, if you change the picture of it in your mind, it changes out there immediately. How do you change it?

Release the obstacles, release the act plan. And in checking yourself, notice the three states that are here in you all the time. Being, doing and having.

Now, you're the infinite beingness of the universe, you are the all. There's nothing you need if you are the all. But you go to the other extreme and say, oh, if I could only have this little piece of the universe, on one small planet, in one tiny corner of it, I would be happy.

The lowest, the most limited state is trying to have a piece, an infinitesimal piece of the all. And your havingness is really your bank book and your possessions. That's how much you think you can have.

When you release enough of the happy grief and fear, you begin in getting into lust, anger and so forth, you move into doingness. You feel that, oh, I could be somebody in this world, if I could be a big doer, if I could be a big mover, that would make me happy. That gets you up from lust, anger, pride and into courageousness.

And you're a doer. And 5% of us are doers, 95% of us are stuck in wanting to have. A tiny, tiny fraction of 1% will move up into the top state of being, of identifying with your beingness only, but you're going to be driven forever, until you get up into that beingness.

That's what you're actually looking for, in the wrong places. The right place is right where you are, right within you. It's your isness, your existence, your amness, your beingness.

And when you identify with that beingness, you discover something that always was, I am the infinite beingness of the universe. There's nothing out there but my creation. I can have, be or do whatever I will or desire.

Question from the audience, having is your best look at possessions. It's a sad picture, isn't it? Everyone's down here, trying to have.

When you've already created the entire universe, there's an infinite number of tons of gold throughout the universe that you have created. Helpful directions. Constantly identify with your beingness.

Think to yourself, I, I, I, I, I am I, I am I, I, I, I. But be careful, you're not thinking of the ego, I. I am I.

Desire, play the part of being not the doer. Let it happen. Stand back, let it happen.

And wake up to the fact that all happiness is you being your beingness. That desire is your greatest enemy to happiness. Desire is the creation of the agony of lack.

And your mind stays agitated to fulfill that lack. And the moment you satisfy that desire, your mind goes quiet and the happiness is you being you. It's not the thing, it's not the person.

Day in and day out, you beat yourself over your head trying to get happiness externally. And it's right where you are all the time, the infinite happiness. Make it a point to take all your happiness from you.

Recognize that I'm just quiet and blind, that's what, that's what my happiness is. And you'll stop that frustrating, extreme attempt to get it out there. And every time you get it, it's gone.

[Speaker 11] (36:25 - 36:27)

Try to see everyone as being you.

[Speaker 1] (36:33 - 46:06)

Someday when you're at least enough, you say, oh my gosh, there's nothing out there but me. It's my beingness everywhere. At that time you identify with every atom as being you.

Because you created it, it's your creation, it's you. And real knowing is being. There's nothing to know, there's nothing external.

When you identify with your beingness. Let go of trying to acquire knowledge. All knowledge is separate.

The real knowledge is not knowledge, it's being. The real knowing is being your beingness. The next big thing is you must take responsibility for everything you're experiencing.

Because you are creating everything you're experiencing. See nothing out there but the sum total thinkingness, your sum total thinkingness. Until eventually you recognize, yeah, there's nothing out there but my sum total thinkingness.

And you know there's nothing in actuality out there but your beingness. Then there's no more objectivity, there's nothing external. There's only subjectivity.

Everything is in me. There's nothing out there, everything is in me. Alright, here are the words that are indicative of the free state.

The one I like best is imperturbability. Where no one and no person whatsoever can disturb you one eye open no matter what they say to you. And of course no thing can disturb you.

Fire, water, anything. Imperturbability is indicative of the top state. And for that you need desirelessness.

No more desire, you are the all. And when you get there, you discover no action is necessary. Everything is yours, you don't have to take any action anymore.

So actionlessness is indicative of the top state. And when you get there, because you see your omnipresence, you can't move anymore. You just witness.

You witness your body like you witness every other body. Like a moving picture going on out there. A moving picture that is your creation.

So, totally quiet the mind until there are no thoughts. No agg flat. It's only your feelings that motivate thought.

When you release all your agg flat, your mind goes quiet, there is no thought. And then you become intuitive. You are in touch with your omniscience.

You are in touch with all knowingness. And you talk intuitively, without thinking. And of course, then you do not identify with your body and mind.

You are identifying with your beingness only. And when you release everything, you have no attachments, and you have no aversions, whatsoever. Attachments and aversions are a good leading to agg flat.

And when you no more have any attachments or aversions, you'll have everything, for the mere effortless thought of it. Now, to get the bottom of the agg flat out, you won't get it out when you are in apathy, grief and sorrow. You won't get it out when you are in fear.

You are in the pits. You cut off all your energy, all your willpower, all your ability, and you are sunk. In a dunk.

Spelled D-U-N-G. If you want to get rid of the agg flat, you must get yourself up into courageousness, acceptance and peace. So you'll allow the infinite energy that you are, the tremendous willpower that is yours, to come into play.

So you can get down here and gobble that up. Just like acne, B-A-C. You'll just come down but when you release enough of approval or control and you move up here, you'll just gobble up the fear of dying.

The wanting to survive as a body. And when the fear of dying is out, you are practically there. Free.

Nice and easy. Does it. Keep it simple.

I think a combination of the first sheet I gave you and this concentrated on can quickly take you all away. What's needed? Just one simple thing.

You're wanting it. All your wants have to channel into wanting freedom. And you'll get it in a matter of months.

All your wants must channel into wanting freedom. And the wanting of freedom dissolves on its own. When you suddenly say, oh my gosh, I am free.

I always was free. There goes the want to be free. I'm questioning whether I should ask for questions because the moment I do, you start trying to bring all this down.

Why doesn't it fit in with my garbage? That's all your questioning is. Why doesn't it fit in with my garbage?

So I think it's better that I not answer questions but ask you to come up to this rather than through your mind going down into the garbage.

[Speaker 5] (46:07 - 46:08)

It's simple and it's easy.

[Speaker 1] (46:12 - 49:05)

But if you don't do it it's never there. How long should it take an infinite being to discover that he or she is infinite? How long should it take a person with all the power in the universe to discover that he or she has all the power in the universe?

It shouldn't take any time theoretically. But practically you can do it in months or years or lifetimes or millennium or millions of years. Now the majority of people on earth today are going to take millions of years and they're going to do it the hard way just by banging their heads on concrete walls and we're about to do it now.

And if you'll take it as an opportunity for growth instead of banging your head you'll do this you'll just transcend it. You won't experience any pain, any harm any destructiveness. You'll take it as a very delightful opportunity to transcend it all.

You can not only walk over hot coals barefooted you can do anything because there's nothing out there but your concoction. So again keep it simple turn all your wanting into going free and join me. Okay you're getting closer to freedom in a way you think but actually you are free right now.

What must you do to be free? Absolutely nothing. How do you like that?

Everything you're doing is in the wrong direction. Everything you're doing is trying to keep the body surviving.

[Speaker 2] (49:13 - 49:16)

How do you get to the place where you do nothing?

[Speaker 1] (49:22 - 49:50)

Anybody know? No, how do you get there? By getting the mind quiet the mind pushes you into action how do you get the mind quiet?

By releasing the motivators of the mind the feelings.

[Speaker 11] (49:55 - 50:00)

Thank you. Isn't that easy? Isn't that simple?

[Speaker 1] (50:02 - 51:19)

It's very easy and it's very simple but what are you doing? You're insisting on holding on to the limitations of wrongly thinking that you are the body the body is the least of you your beingness is the all of you and in your beingness you set up the mind which sets up the body and as long as you are confined to a body that's how big your infinity concept of you is you are infinite right now unlimited if you think you're this body you take the tremendous unlimited being that you are and imagine that you're confined to this encasement called the body

[Speaker 2] (51:27 - 51:31)

so to go free to be unlimited

[Speaker 1] (51:32 - 52:13)

requires doing absolutely nothing because you are free right now however what you are doing is trying to remove the obstacles the blinders to seeing that fact that you are your beingness you are not the body, you are not the mind you are your beingness so I set up a chart here to delineate it

[Speaker 2] (52:14 - 52:26)

so that you may better be able to see where it is you are on the elimination of the blinders

[Speaker 1] (52:26 - 52:35)

and by so doing expedite the eliminating of the

[Speaker 2] (52:35 - 52:40)

obstacles, the blinders the thoughts, the mind the feelings

[Speaker 1] (52:47 - 58:31)

I think identifying where you are is a big help to moving you on further the one and only number one, you are your beingness I don't think anyone would deny being number two part of you your mind your programs and their thoughts of course your programs are your feelings and number three your mind says you are the body and related to the world and a victim of it and it's actually your mind that creates the world it's only in your mind that you see the world it's only in your mind that you see yourself as you are it's only in your mind that you see all your relationships eliminate that your beingness is left over you become very self obvious to yourself that I have always been my beingness deluded into thinking I was the mind body so the number one is you the real changeless you that never ever changes your beingness will never ever change it's eternal and two

and three is the ego you, the personality you, your name your place in the world etc. etc. etc.

so in this realm you develop three states being doing, having in the world most of us are in the having state it says here having is your bank book and possessions and you can see by those who keep getting more and more ridiculously more and more and more now the only thing I can give those individuals who get up that far is more trouble because they're looking for their security in what they've got and instead of getting it more they're actually feeling less secure because there are more and more others who want to take it away from them however if we are in the havingness it's a step to move up to doingness, to be a doer a winner a master in the world but much better than being a master in the world than being a victim of it if you're mastering it, it's mastering you identify with your being only and that's the ultimate state no one and no thing can ever disturb you again you're free you're identifying with your beingness and all that externality has no effect upon you imperturbability is a top free state now to get there you must have desirelessness because desire equals lack when you're at the top you are the all there is nothing lacking there's nothing that could not be had by a mere effortless thought but as long as you desire you want as long as you want, you're lacking and that's your program making it that way when you're at the top everything happens effortlessly effortlessness is another word that describes a top state in this world

[Speaker 2] (58:37 - 58:55)

your whole life should just drop into your lap with no effort and when you're in that state you feel actionless because you are witnessing

[Speaker 1] (58:57 - 59:08)

rather than being the doer you are watching seeing everything happening and you need to do

[Speaker 2] (59:08 - 59:17)

nothing it happens it falls into your lap and the same way you create one dollar

[Speaker 1] (59:18 - 1:00:18)

is the exact same way you create one billion dollars it's only thought so you can see the extreme negative programs you've imposed upon yourself that keeps you struggling in a world so unnecessarily so what do you have to do? totally quiet the mind until there are no thoughts what does that feel like?

it just comes from your intuition it comes from your center

[Speaker 2] (1:00:23 - 1:00:28)

you no more use your mind which is a limitation

[Speaker 1] (1:00:29 - 1:01:33)

but you can communicate and you do communicate perfectly when you're coming from your intuition you're always 100% correct always 100% correct when you're coming from your intuition because you're coming from your beingness which is all knowing all powerful all perfect so when there are no thoughts you're intuitive only you are not using the mind you have dropped the mind and you do not identify with your body or mind because you see that you are the all

[Speaker 2] (1:01:36 - 1:02:18)

coming down a step because you see that you are the creator of everything you see and experience including this whole world including the universe is your creation it's in your mind and that's where it is because you create the universe and separate it into so many parts and then think you're the body mind

[Speaker 1] (1:02:18 - 1:03:12)

you develop attachments and aversions to the body mind world so in the free state you have no attachments and no aversions everything is A-OK all the time as you're moving in the world you can go through your business you can go through your family relationships and when you have no attachments and no aversions you're imperturbable and of course you recognize you have everything why? it's your creation it's your mentation

[Speaker 2] (1:03:18 - 1:03:34)

again you've lost sight of that you're in a long time terrible habit of thinking you're limited and all you need to do is to get rid of the only three feelings which you're not doing nearly

[Speaker 1] (1:03:34 - 1:03:49)

fast enough you're doing it but not nearly fast enough how long should it take you to get rid of all your wanting approval and control it takes exactly

[Speaker 2] (1:03:49 - 1:03:54)

as long as you make it if you

[Speaker 1] (1:03:54 - 1:04:57)

wanted to rid yourself of approval and control you would do it in weeks at most months and when that's out of the way you're able to confront the bottom line the fear of dying

which is that severe attachment to the body and it's only a matter of weeks of letting the fear of dying up and letting it out that all that suppressed programming is gone and with no more suppressed programming you naturally identify with your beingness so again what's needed it's so simple rid yourself of the fear of dying and you're free but you need to

[Speaker 2] (1:04:57 - 1:05:04)

rid yourself of wanting approval and control before that

[Speaker 1] (1:05:05 - 1:05:56)

until you release it appreciably on approval or control you won't be able to confront your fear of dying it's so deep it's so heavy inside of you and instead of scratching for little things here and there you will have everything try to be and act as though you're in that top state constantly identify with your beingness are you?

how many times a day do you keep saying I am but all day long you're saying I'm this frail body

[Speaker 2] (1:06:06 - 1:06:16)

I am my beingness should be the 24 hour a day sense feeling in you

[Speaker 1] (1:06:20 - 1:06:45)

and and when you're there it's a sense of I beingness it's just an I there I I I I not I Lester body mind just I I when you're at the top you have a sense of I I only if you try to play at that now

[Speaker 2] (1:06:47 - 1:06:51)

it'll help you move in that direction

[Speaker 1] (1:06:53 - 1:07:05)

and when you're up there you're not the doer so try to be not the doer let the world happen

[Speaker 2] (1:07:06 - 1:07:12)

it'll do much better than you will do with it if you let it happen

[Speaker 1] (1:07:18 - 1:07:39)

and there's only one single happiness in this universe it's when you are identifying and being your beingness so in your behavior make it a habit to take all your happiness from

you

[Speaker 2] (1:07:42 - 1:07:47)

it isn't the movie the TV, the person the object

[Speaker 1] (1:07:49 - 1:07:57)

that makes you happy it's when you let go of your desire for it and your mind goes quiet

[Speaker 2] (1:07:59 - 1:08:08)

and you identify with your beingness that you feel joy once you catch that

[Speaker 1] (1:08:08 - 1:08:41)

point you'll stop wasting time looking for joy in the world all it does is give you misery the only joy there is when you're identifying with your beingness how many people have not seen that yet that there's one single joy it's your beingness

[Speaker 11] (1:08:44 - 1:08:45)

no

[Speaker 2] (1:08:46 - 1:08:50)

you can see it and then not see it

[Speaker 1] (1:08:50 - 1:09:21)

when you get quiet you can see it you're in your highest state there's nothing you have to do to be your beingness and it's the greatest joy there is but haven't you seen that when you satisfy a desire your mind goes quiet and you're being and that's the joy

[Speaker 11] (1:09:25 - 1:09:38)

I've seen my beingness I've seen the joy but I never quite see it as a desire being satisfied I know the mind goes quiet but I don't see it

[Speaker 1] (1:09:40 - 1:09:50)

I'll get more practical what's the greatest quieter of your mind the orgasm laughter

[Speaker 14] (1:09:55 - 1:10:04)

laughter laughter laughter laughter

[Speaker 11] (1:10:06 - 1:10:07)

laughter what about it

[Speaker 14] (1:10:07 - 1:10:11)

laughter am I correct

[Speaker 1] (1:10:11 - 1:10:37)

you're correct are you thinking about the world problems during the orgasm laughter how are you going to make a living laughter you're not thinking it quiets the greatest number of unsatisfied desires it gives you the greatest quietude of your mind and you're just being

[Speaker 2] (1:10:43 - 1:10:48)

laughter laughter am I making sense to you yes

[Speaker 1] (1:10:51 - 1:12:06)

why not just be all the time instead of creating a lack desire satisfying to get a moments joy out of the basic joy that is you, your beingness I still say it's simple and easy what's difficult is trying to get it where you cannot, in the world that's difficult so difficult it's impossible keeps scratching, struggling, fighting day in and day out never winning no one ever wins in the world everyone draws a blank everyone dies until they let go of looking for it in the world and discover that it's right where they are, right at their center all the time

[Speaker 2] (1:12:13 - 1:12:22)

now the top stage is not understanding the top stage is not knowing the top stage is

[Speaker 1] (1:12:22 - 1:12:22)

being

[Speaker 2] (1:12:24 - 1:12:26)

there are so many metaphysical

[Speaker 1] (1:12:26 - 1:12:56)

paths that tell there's no way to get understanding you'll be stood under until you let go of that concept there's no understanding at the top there's being understanding is in the realm of the world of limitation so the real knowing is not knowing, it's being

[Speaker 11] (1:13:01 - 1:13:03)

see how simple this whole thing is

[Speaker 2] (1:13:04 - 1:16:08)

so when are you going to be the free being that you are right now recognizable to you when when are you going to achieve letting go of all the obstacles to being the unlimited being that you are right now what's going to determine it what determines when you go free your want to when you want freedom more than anything else in the world you'll get it pronto so you're all telling me you want freedom with the yes but I gotta take the bondages with me and the two do not coincide okay so the next best thing is to cater to your wants, we need advanced courses to keep pulling up from suppressed areas the blinders the feelings the programs it's a very good deep realization that resistance holds you back now resistance turns out to be that mechanism of holding the suppressed garbage suppressed if you could throw your resistance out all the suppressed feelings would come up and expend themselves and you would be free when your resistance is zero you are free so don't fight the world let it be everything everyone is chasing after in the world is chasing rainbows and you know what that means you try to grab a hold of a rainbow and you've got an empty hand it's just chasing rainbows looking for things in the world because everything there is is in you now

[Speaker 1] (1:16:15 - 1:16:26)

so again you've gotta let go of your feelings approval, control, security when your feelings are up and out your mind is naturally quiet

[Speaker 2] (1:16:27 - 1:16:46)

and you're self-obvious to yourself as to the fact that you are whole complete perfect, eternal are there any other questions?

[Speaker 13] (1:16:50 - 1:16:59)

it's sort of similar to Laura's question but in writing music where is the ego in that?

[Speaker 2] (1:17:00 - 1:17:44)

it seems like you're just sitting back and let it flow out of you don't be Ralph the Composer just be your beingness that'd be effortless you write the greatest music you're Armadeus the Armadillo I don't know at the age he started at four next time you start at the age one no?

[Speaker 5] (1:17:47 - 1:18:10)

all that greatness comes from our center but recognize it as such then you can transcend it do you mean recognizing it as such and using whatever you're creating to bring up feelings to let them go?

[Speaker 13] (1:18:10 - 1:18:16)

yes I get stuck there

[Speaker 5] (1:18:16 - 1:18:25)

I don't do things because I get confused between them

[Speaker 2] (1:18:25 - 1:19:22)

if you're not confused you're free however you have a map to take you all the way in six steps anyone using the six steps continuously will go free in a matter of a month or two or three so what's out is your want to when you want freedom more than anything else you'll carry out those six steps you would carry out those six steps without me ever mentioning it to you, you'd do it naturally if you wanted freedom more than you want things in the world

[Speaker 5] (1:19:25 - 1:19:28)

that's what you mean by using the world to go free?

[Speaker 2] (1:19:32 - 1:19:46)

yes, you use the world to bring up the feelings so you can let them go therefore it's only through the world that you transcend it

[Speaker 5] (1:19:47 - 1:19:58)

that's why the higher goals you go for will just stir up more and more feelings deeper and deeper feelings so it's really good to go after higher things to stir up

[Speaker 2] (1:19:58 - 1:20:27)

it's good to release on your goals not to go after them but to get up the blocking feelings so you can release the feelings the way you put it it was good to go after the goal it's good to release your feelings about the goal oh, that's

[Speaker 5] (1:20:28 - 1:20:37)

very, that's what stops you releasing going after the goal

[Speaker 1] (1:20:37 - 1:20:41)

yes Tom

[Speaker 8] (1:20:43 - 1:21:11)

that's something I noticed that happened I found myself caught up in the ego part of the whole thing confusing to be in my life and then you have to come up with is to use it if I do it, to use it for releasing

[Speaker 2] (1:21:12 - 1:25:19)

that's it that's what this is all about use everything for releasing summed up every last thing you do in your life is a waste of time except releasing so if you're not releasing you're wasting your time but if you're doing it and releasing, you're not wasting your time so you do it and release everything you're chasing after in the world will disappear like a rainbow but the freedom you gain is eternal this is what Patrick O'Neill put his world hasn't stopped he's getting better commercials, better parts without effort because he's releasing it's funny I said to him right outside here Pat you can be the number one actor in the world you know he's not a child anymore I don't know how old he is but he's on in years it's a funny thing to say to him at this late stage of the game that he could become the number one actor but he bought it I guess he's gonna let it happen instead of trying to force it to happen and who knows, maybe he'll go beyond that and not have to do that do you see the great ones looking for parts in Hollywood and so what I'm saying is that you've got to reach a place where you let go of the world you use it to transcend it you get above it that's why you wouldn't find Yogananda and Jesus and Buddha looking for a job in Hollywood digging for oil to get more and more materiality they're above materiality there's a place someday someday you'll discover it everyone hits it sooner or later there's a place beyond this world which you see when they achieve it they let go of the world and their total materiality is just the dress that they're wearing at the moment because where they are living is beyond the world not in it subject to its limitations and the higher, the freer you go the less the incentive to go all the way because things get better and better and better

[Speaker 1] (1:25:23 - 1:25:25)

are there any other questions?

[Speaker 6] (1:25:26 - 1:25:53)

I have one left in reference to what determines when the want to that's it the want for the joy in the world, the want for the truth supplies the energy or supplies the allowing what's there to come up easily rather than going at the dig or at the earth so it's like opening up have you discovered that when you release you're happier?

[Speaker 2] (1:25:54 - 1:26:10)

what's wrong with that? what's wrong with making that constant? nothing why don't you do it?

ask yourself why don't I make it constant and go all the way in a matter of weeks

[Speaker 10] (1:26:13 - 1:26:14)

the answer is

[Speaker 2] (1:26:14 - 1:26:18)

you don't want it you want the world

[Speaker 6] (1:26:18 - 1:26:35)

the sense of having a mission to fight against the negativity it's like the negativity was there that gave me a sense of purpose but asking yourself

[Speaker 2] (1:26:35 - 1:27:35)

why don't I go all the way might give you the realization of why you're holding yourself back wanting misery more than the ultimate joy how long should it take you to do a three month job?

do you ever ask yourself that question? you know what the answer is now you just gave it to me you know the bible sums it up

[Speaker 1] (1:27:35 - 1:27:36)

in two sentences

[Speaker 2] (1:27:37 - 1:31:44)

and I think both sentences are capitalized in the bible the first is I am that I am meaning I am the amness of the universe I am the beingness of the universe the second sentence is be still and know that I am God if you can get your mind quiet, you know that and what I'm intimating is that the truth has been put out from the beginning of time in our time, I would say in the last thousands of years the truth has been spoken and certain ones have told us what to do and we haven't done it so what are we doing? we're going to do it we're going to knock out our external props which leads one direction only that is to go within and discover what we are but that's the hard way I say do it before you don't have to do it the hard way but I really don't know anyone who's done it the easy way so I expect to see people going free in large numbers in the next decade it's a waste of time can you see that? it's a total waste of time trying to make the world a good world making the world a good world is substituting the present iron chains that are binding us for nice golden chains that bind us a good world would be a binder on us but golden chains instead of iron chains that's a waste of time it's in the wrong direction transcending the world is the right direction everything of the world is of limitation so just discover what you are and you'll have the ultimate answer and when you discover what you are and get the answer after that all answers come to you immediately once you get the answer every other answer falls into line without effort after that makes the world a pushover you had a question?

[Speaker 9] (1:31:49 - 1:31:56)

yes where is prayer?

[Speaker 2] (1:31:59 - 1:35:26)

prayer is for those who are ignorant enough to think that I have to go outside of myself to get something that's within me the infinite beingness of the universe called God is the infinite beingness which is your beingness in the sense that you're submitting a bit of your ego it can be helpful in the sense that it keeps you in the direction of going free it could be helpful but someday you'll see that all the great ones existed in your mind that all the great ones are your creation it's in your mind that you see me, yourself everyday the great ones walk the mind out it's all gone what's left over is beingness that being confined to a body I guess I wouldn't be very popular in the realm of organized religion religion in general is in the direction from the bottom religion tries to inspire us and get us above the garbage and it's not helpful I think they would be better off if they pushed us into the garbage and made us so uncomfortable we would have to release but inspiration I don't see as helpful because it lifts you above your garbage without showing you how to get rid of it and when you see what is there's no spiritual material it's all one and the same thing it's a matter of degree of the same thing everything that people call material is actually spiritual it's creation to the degree that we create and that's spiritual that isn't material separation is not a good direction unifying everything is better so separating spiritual material, physical mental and all that isn't helpful

[Speaker 1] (1:35:29 - 1:35:34)

if one wants to discover one's freedom

[Speaker 2] (1:35:39 - 1:36:18)

but if you want to pray it's up to me it's up to you so I sum it up by saying why pray for it, create it make it it's a higher place you can have be and do whatever you will or desire if you'll release the blocks, the feelings

[Speaker 1] (1:36:21 - 1:46:53)

that's the way to go for it basically we're all unlimited totally free beings who have convinced ourselves that we are extremely limited physical bodies but I say we have never ever been able to let go of this infinite being that we are that right here and now there are no limitations upon us except those that we accept now most of us here have been seeking this total free state this unlimited state and I believe are quite frustrated by now not having found it and I pointed out at Sebastian's home that the reason for this is simply that we do not want it as much as we want this limited state of living life as we are living it we are convinced that our happiness lies in this world in this body in what we're doing now this is very obvious if you will look at your way of life, what do you do every day you take care of a body, you wake it up in the morning, you dress it, you wash

it you comb it you send it out into a place where it will produce a certain thing called money so that you can get other things for the body to keep it alive and to send it off on vacations and so forth now if you were not convinced that all this was the important thing you wouldn't be doing it I'm trying to point up to you, I'm trying to mirror back to you what you're doing you're almost all the time saying I am a body I cannot survive unless I breathe oxygen unless I put material called food into the body, ferment it decay it there unless I produce garbage I cannot have any energy and this goes on and on and on and on and you meet with me or people like me and you say I want to be free I want that unlimited state of beingness I want to have anything I want for the mere thought of it you say that but what do you do the next moment you go right to that body and keep it going the way you have been keeping it going year in year out lifetime in lifetime out now until you confront this you're not going to stop identifying with this very limited frail thing called the body ways of confronting it are like what I'm doing I'm showing you what you're doing every day almost every moment of the day you're validating your being a body how much of the 24 hours a day do you just sit and be what you really are which is simply your beingness only it's not being a body it's not being a mind is just being and if you would for one minute stop being a body mind for that minute you would see that you have no limits whatsoever that you are totally free that your beingness is the most grandiose the grandest the most glorious thing there is if you were to do that for one minute only you would never ever let go until you establish that for all time if you were to do it for a few seconds again you would never let go until you establish that permanently what you do is you get a very fleeting glance of it a glimpse of it you practically glance might be the right word you look at it almost sideways for fear you'll see it too well and you sense that it most likely is the way you hear that it is and then you say I want it I want it I want it and you look for it but for a small percentage of the time of the day the greater the greatest amount of time you spend is identifying with the body being a very limited body mind is this clear as to how much you identify with being this thing now if you're ever going to see the truth you must stop identifying with the body stop identifying with the mind and examine your beingness which is the part of you that is what you're seeking in your every act anyway and you call it happiness and you'll discover sometime that happiness is only you being you that the more you will be only you the happier you are it's a process of stilling the mind which is a distraction away from you being you the mind is an instrument used to identify you with other than what you are with the mind you identify with the body with the world you've got to let go of this constancy the continuity of identification with a body world relationship and if you do it just for a few seconds from that point on the wonderfulness of it would be so intense with you you'd never forget it you would spend most of your time reestablishing that state in order to make it constant so to sum up what I said the reason why you don't recognize you as being limitless is because every moment you're identifying with this limited vehicle called the body and you're not confronting it so what I'm suggesting is that you start confronting this like I presented it to you how every moment of the day you're validating being this body look at that look at similar things and then

subconscious thoughts will start coming up in this direction that have you pegged to this body and when these subconscious thoughts come up they're in the conscious plane you can do something about it you can let them go you'll undo enough of them in this manner to be free enough to begin to see the essence of you which is your beingness ok alright now if any of you have any questions or any topics you would like to hear spoken on I'd be very happy to go into anything

[Speaker 9] (1:46:55 - 1:47:14)

I like that I've asked this before how can you do this when you're bogged down with all of this body-mind activity that we're doing well there's two there's two ways

[Speaker 1] (1:47:17 - 1:49:12)

the way most people do it is first they get so fed up see now life necessitates misery there is no one living life who doesn't suffer right will you go along with me on that the more we try to get our satisfaction from life itself, livingness the less happy we become as time goes on desire can never be satisfied if we could satisfy desire we'd have everything once we would be satisfied we wouldn't want it anymore right but desire trying to satisfy desire intensifies it and as time goes on the intensity gets greater and greater and the suffering gets greater and greater and we will all reach a point where we can't take it anymore and we say enough of this and we start moving away from identifying with life and the body, we start looking for the answers what I'm saying is that misery is a prod to looking in the right direction then we'll stop chasing after it in the world we won't be so busy, we'll take time away from the world first maybe an hour a day then an hour morning and an hour at night then several hours then half a day and then you'll take all day once you're convinced that it is more important than your daily life

[Speaker 2] (1:49:13 - 1:49:15)

you'll let the daily life go

[Speaker 1] (1:49:18 - 1:50:56)

but the fact that you have to do all these things shows that you think that's more important it's more important being a body and being active in the world than it is to take time out to discover your real self so the first thing that causes us to seek is misery then later on the wonderfulness of discovering ourself causes us to really let go of the world and go all out then you discover you can you can have anything you want for the mere thought of it then you discover there's much more to life than things and you don't want anything in this world, there's so much greater beyond the physical that you go for that rather than the things of the world you're so habituated into this world because the world restimulates every one of us subconsciously into believing that it is real that we

need it, that we have to get our joy from it and we will reactively seek satisfaction from the world and it will never ever satisfy

[Speaker 4] (1:50:56 - 1:51:17)

us, you can

[Speaker 1] (1:51:17 - 1:52:15)

always be seeking who and what you are by always keeping that in the background of your mind, regardless of what you're doing, if the desire for it is strong enough, the quest will always be there in the background regardless of what you're doing so it boils down to a matter of how much do I want this the intensity of the desire for it determines the quickness of getting it and no one can turn that desire on for us but we we have to do it no one can do it for us

[Speaker 7] (1:52:20 - 1:52:49)

you know Lester, I think the reason why a lot of people don't do it also is because they're scared on the final plunge we've always spoke about that being in full, also in full emotion, something occurred to me also, part of the dream that I just now remembered was and I was scared to go through the ocean I thought to myself, I'm going to stay in the pool you know, in other words go to the safety of my family I'm going to take the plunge into the unknown

[Speaker 1] (1:52:49 - 1:52:53)

you know, people are afraid they're going to lose the body if they discover the truth.

[Speaker 7] (1:52:53 - 1:52:56)

Is that what it is? You're afraid of the body losing the body? Yeah.

[Speaker 1] (1:52:56 - 1:53:21)

So that is, that really proves it you're afraid you'll lose your identity with the body Oh God, how do you know that? Well I tell you, you don't lose it. All the masters say so all those who have done it say so they have shown you their bodies you've met pastors they didn't disappear, they had the body

[Speaker 4] (1:53:21 - 1:53:29)

afraid of the unknown yes

[Speaker 12] (1:53:32 - 1:53:35)

know what everything is to us until we reach it

[Speaker 7] (1:53:35 - 1:53:36)

know what everything is

[Speaker 12] (1:53:37 - 1:53:39)

right, but until we realize this

[Speaker 1] (1:53:39 - 1:54:31)

the absolute truth of you is the I that you are when you say I with nothing added to it that's the absolute truth of you if you would look at that fully you'd see what it is but every moment you look away from it you say I the infinite being am a limited body what you're saying is every moment a limited body with troubles there's trouble, that trouble goes on and on and on it's like a plague when there's nothing but I that's the state that's the top state when there's nothing but I

[Speaker 7] (1:54:33 - 1:54:36)

and I, I, is that the I or the I of the ego?

[Speaker 1] (1:54:38 - 1:55:25)

no, no, there's nothing but I, I, I, I I, I, I, I I, I, I, I I, I, I nobody, nobody, nobody, nobody so the I, I when there's nothing but the I state that is the top state like Vivekananda said in the end you discover that there never was anything but I all alone one you can show yourself how far away you are from the ultimate state by thinking on that point

[Speaker 12] (1:55:25 - 1:55:39)

question when you reach the state where you recognize that it is I all alone, does that mean other I's all alone do not exist or only that you are not aware of others all alone

[Speaker 1] (1:55:39 - 1:58:16)

no, you see first you see every body as your body you'll see this body you'll see as much your body as you'll see that body being your body every body becomes your body then every animal every bit of life is you then every atom in this universe is you this is just the way you see it as you now see it separate you suddenly look at it and say wow it is I every bit of it you'll see this whole thing as you because it's only in your mind this whole thing you've created everything you see the whole universe and when you see it it is you then there's a step beyond that when you see that it's an illusion an apparency a step beyond that is that never was just like a night dream when you're in it there's a character called you and other characters there's worlds and action going on as long as we stay asleep it's real to us after we awaken from the dream we say it was just a dream then that never was would you think of going back to those characters in your dream last

night and trying to straighten them out this is what I'm trying to do now this is the way I see it nothing needs correction everything is all perfect when you see it correctly but I am in a dream now trying to straighten out those characters who think they need straightening out and they don't you are you you can't change that but you can't pretend not to be what you are this whole thing is a pretense

[Speaker 3] (1:58:22 - 1:58:23)

does that make sense?

[Speaker 1] (1:58:24 - 1:59:38)

only to the point that I can follow well there's I and when I become myself does that mean nobody else but me exists because I was everything all along the final thing you see is there never was anything but I all alone and I chopped me up into an unlimited number of characters why? I imagined that they were why? why?

there is no answer to that really and what I should say to you is go there and see why did you create those characters in your dream last night set up relationships and if it was a nightmare almost get killed why did you have that last night in your dream not because I chose to first I thought who did it it was your dream did I make you dream your dream? it was your dream but why did you do that there really is no answer to it

[Speaker 7] (1:59:38 - 1:59:39)

no there's something interesting

[Speaker 1] (1:59:39 - 2:02:18)

if you examine the word why it's a very interesting and very enlightening word the word why says this you ask me why you ask me to explain what I know in terms of what you know right and that's impossible to explain this higher knowledge in terms of lower understanding this higher knowledge we have to move up to it it can never come down to us we move up to it and we see it and then we know and we know we know so the question why is really a meaningless question and can't be really answered in the dream illusion in the apparency yes you can answer why but in the field that we're in it's a meaningless word it's saying explain to me in terms that I can understand what this higher understanding is that you're talking about and it's impossible so the only thing you can do is go there see it for yourself and then you'll know but this world is nothing but a dream it's exactly as real as our night dreams are real after we awaken from this dream as long as we stay asleep as we are it seems real why don't we who are all infinite beings who have all the power there is in the universe behind us know that we are that way why don't you know that you're infinite you've heard it again and again and again you're inherently totally free perfect all glorious all everything you've heard it some of you for years why don't you see it why don't you see it

[Speaker 14] (2:02:18 - 2:02:22)

I know

[Speaker 1] (2:02:30 - 2:05:40)

isn't it ridiculous isn't it stupid why do infinite beings like you come to hear another being talk to you because in the first place you do not believe that you are you will not accept that you are you think yes it sounds nice but there's always a but but but but going on and this but is butting you down all the time if you only wouldn't but it if you would only accept it from that moment on you would put all your effort all your energy into seeing this terrific being that you are I say you don't want it you tell me you do and this is the important point you don't want it and until you face up to this until you confront it you can go on forever and ever in a year more saying oh this is what I want I'm on the path I'm seeking freedom and you can do this lifetime in and lifetime out forever forever until you will actually accept the concept intellectually that I am infinite and therefore it is ridiculous and stupid to live the way people live in this world you happen to be in the I guess the helliest hell there is in the universe and fortunately so at the same time we're living in almost the most limited state possible until beings anywhere in the universe we could go down lower we could become animals and animals are beings who also eventually discover their limitlessness but isn't it stupidly stupid to live a life with the extremest of limitations if you believe

[Speaker 3] (2:05:42 - 2:05:46)

that your natural state is infinite

[Speaker 1] (2:05:51 - 2:05:58)

this is why I say you don't really believe

[Speaker 3] (2:05:58 - 2:06:06)

that there are no bounds on you and you

[Speaker 1] (2:06:07 - 2:06:21)

prefer to be an extremely limited physical body to be cherished to be

[Speaker 3] (2:06:22 - 2:07:39)

well I don't want to get you women angry with me but I was going to tell you what you do you know what you do all the time and the men are not far behind you they're very vain we put on nice clothes, we dress ourselves, we scrub the body and we paint it in the morning and men do these things too and we clip the lesser life part of it and then we take it off to work why? so you can maintain that extremely limited state of needing food

and clothing in order to survive working is only a concept of limitation I must work in order to live if we had the conviction that I must sleep 8 hours a day in order to live and survive that's the way it would be you would just sleep and everything would come your way because whether you like it or not you're unlimited beings

[Speaker 1] (2:07:39 - 2:07:52)

whatever the mind holds becomes so the mind is only a creator the only creator in the universe

[Speaker 3] (2:07:53 - 2:08:15)

is you you think things happen and you're happening everything that's you're meeting with everyday you have established

[Speaker 1] (2:08:15 - 2:08:51)

this extremely limited state of being that's called a physical body and you're holding on to it for dear life I'm trying to point up to you that you really don't want to be this unlimited being you really don't want to be totally free you want to have this limitation and you want the limitation to be nice delightful entertaining and it just can't be

[Speaker 3] (2:08:54 - 2:09:14)

and you struggle your entire life trying to make it so and you die and you have a vacation on the other side where you're far better able to think and immediately have things happen and you come back into a physical body and you keep working through

[Speaker 1] (2:09:14 - 2:09:20)

this physical body until you're able to free yourself from the physical body

[Speaker 3] (2:09:20 - 2:09:38)

while you're in the physical body you can never get free of it anywhere else but from within it so the thing to do is to

[Speaker 1] (2:09:39 - 2:10:47)

recognize how much you don't want this state of freedom it's the first thing you must do, you've got to confront it because if you really wanted it it would take you weeks maybe months to become totally free to become omnipotent omniscient, omnipresent so I've answered the question the reason why you don't get it is that you don't want it alright now you're going to say to me but I do want it and I'll say yes you tell me that but you don't show me that you say you want to be totally free you don't want to be this limited vehicle and the next moment

[Speaker 3] (2:10:47 - 2:12:56)

proceed to be this limited vehicle the next moment and every moment it's very rare that you don't think I am this body and being this body confines you to it change the temperature 40 degrees, it dies give it a chemical called a poison, it dies don't give it oxygen, it dies why do we want to be this terribly limited thing you've got to confront these things before you ever let go of it are there any questions on this point, I think it's a very powerful point if you will get to see what I'm presenting to you it'll only be a matter of weeks or months before you can and will be what you really are totally free limitless if you're asking me I would say it's a conviction that I am a body that does it and therefore if I am a body anything can hurt it therefore I'm very fearful somebody might hit me with a car or I might eat the wrong food or a little cool breeze might come on me and do away with me and it's a conviction that you're the body that makes you fearful

[Speaker 1] (2:13:00 - 2:13:07)

now being this has no form no form no action

[Speaker 3] (2:13:09 - 2:13:35)

it's a static it's changeless and yet this is the thing you're holding on to when you say survival it's the I continuing that beingness is the infinity but when it tries to be

[Speaker 1] (2:13:35 - 2:13:51)

a limited vehicle and keeps its attention on the limited vehicle it thinks it's that limited vehicle all the time and this is what we're doing we're looking at this body every moment

[Speaker 3] (2:13:51 - 2:13:55)

saying that this body is I

[Speaker 1] (2:13:57 - 2:14:08)

it's very simple and what I'm suggesting is let it go and concentrate on discovering yourself

[Speaker 3] (2:14:09 - 2:15:20)

if you would put your attention only on yourself you would very quickly discover it weeks months that's all anyone can do it and the reason why we don't do it is because we don't believe it we don't accept it we hear it and we say yeah yeah and then the next moment we go all out in being a very limited vehicle called a body to help you not fear so much I can tell you you don't lose the body after realization Christ had a body Jesus walked around he had full realization in fact he had it before he was born when you get

[Speaker 1] (2:15:20 - 2:15:29)

realization you don't lose the body you lose your concepts of limitation of being

[Speaker 3] (2:15:29 - 2:15:43)

only a body in place of it you first see that you are every body then you see that you are everything then every atom

[Speaker 1] (2:15:45 - 2:15:57)

and then in the ultimate you see that you are all beingness and that all energy and matter was an illusion

[Speaker 3] (2:16:01 - 2:16:03)

a fiction that you created

[Speaker 1] (2:16:03 - 2:16:17)

and set up and after that you look at your own body the same way you look at other bodies

[Speaker 3] (2:16:24 - 2:18:21)

objectively and the body can never again disturb you it can never again disturb the deep wonderful profound peace that you are so you don't disappear upon realizing who and what you are you don't lose a body first you gain every other body in the universe so I'm trying to bait you now since you love the body so much be a million bodies and when you are a million bodies you're close to seeing your ultimate state of pure beingness I hope I'm leaving you with a provocation I'm trying to provoke you into looking at yourself and recognizing that you really don't want this infinite being that you are but you really want to play as though you're a limited body and therefore you're not quickly discovering who and what you are if there are any questions I'd be very happy to help you if I can

[Speaker 4] (2:18:21 - 2:18:33)

how did you arrive at the fact that you have to gain realization of the body how can you just die and be realized

[Speaker 3] (2:18:35 - 2:19:17)

because as long as you are a body you have very strong convictions that you are a body and you're holding it in your mind and you'll always be a body again and again and again until you let go of the desire to be a body see so it's while you're in the physical body that you have to let go of all desire to be a physical body now that word desire is a very powerful word the only reason why we have bodies is because we desire them the only

reason why we are limited in any

[Speaker 1] (2:19:17 - 2:19:25)

ways because we desire limitations become desireless and you're unlimited

[Speaker 4] (2:19:30 - 2:19:40)

is it all that we can conceive now? is it all that we can conceive but we conceive we have to have a body because we always have one that goes on and on

[Speaker 3] (2:19:40 - 2:20:24)

it's a matter of choice whether you face it or not you've chosen to be a body if you will dig within you you will discover this the real culprit is the thing called the unconscious mind the unconscious mind is a a storage closet of thoughts we create thoughts we put them back in the subconscious and then we say we act as though they are not there every subconscious thought is just as active as any conscious thought is

[Speaker 1] (2:20:28 - 2:20:38)

but we have created this mechanism of subconscious thinking and the subconscious thoughts are only the conscious thoughts that we're not looking at this moment

[Speaker 3] (2:20:40 - 2:20:52)

and right now there's millions of thoughts going on in your mind you bring to consciousness a few of them at a time

[Speaker 1] (2:20:53 - 2:21:00)

but all those millions back there are active and this is the greatest difficulty

[Speaker 3] (2:21:01 - 2:21:10)

it was a very handy mechanism in the beginning it was an automatic pilot when we became more and more

[Speaker 1] (2:21:10 - 2:21:22)

involved with thoughts we put them on automatic and stopped looking at them and we are now running on automatic

[Speaker 3] (2:21:24 - 2:21:40)

called the subconscious mind and this is your greatest difficulty if you could make the subconscious conscious right now

[Speaker 1] (2:21:42 - 2:22:03)

you would be realized because you would see all this limitation that you set in motion in the past that is now continuing invisible to you and by making it visible naturally you're going to drop all the limitation

[Speaker 3] (2:22:06 - 2:22:28)

keep your attention focused on you if you would do this only for weeks or months you'd get full realization I say only which means not stopping it and looking at I am a body with problems it would be very quick

[Speaker 10] (2:22:29 - 2:22:36)

are there degrees of

[Speaker 1] (2:22:39 - 2:22:48)

no there are degrees of letting go of self imposed limitations

[Speaker 10] (2:22:54 - 2:23:09)

self realized nothing was you see

[Speaker 1] (2:23:09 - 2:23:33)

you're self realized here and now holding on to concepts of I am not realized so there is no growth into the unlimited state that is there is an apparent growth of letting go of the self imposed limitations self

[Speaker 3] (2:23:37 - 2:24:04)

letting go of self imposed limitations you'll never ever be satisfied living life in the world or in any other world or in the heavens there are heavens on top of heavens on top of heavens we happen to be in the hell realm of the heavens and you'll never ever be

[Speaker 1] (2:24:04 - 2:24:09)

satisfied until you go to the ultimate

[Speaker 4] (2:24:09 - 2:24:16)

from your statement how do we know we're realized

[Speaker 3] (2:24:20 - 2:25:14)

by being it you'll know it see now it's just semantics when you're realized you see no otherness there is only I all alone it's a point of view that you will have that'll be just that

way even though that apparency of a body will be moving around on an apparent earth talking to apparent other bodies but you'll know it as an apparency as an illusion and you will see only oneness but again it has to be experienced yet you can experience beingness

[Speaker 4] (2:25:14 - 2:25:21)

but doesn't it get boring after a while

[Speaker 3] (2:25:23 - 2:25:33)

no it's what everyone wants more than anything else in the world

[Speaker 1] (2:25:36 - 2:25:46)

it is the most satisfying it's the greatest association possible

[Speaker 3] (2:25:48 - 2:25:59)

you're looking for it all the time and you're asking me it'll be boring you're seeking it in everything you do you're every actor seeking this

[Speaker 1] (2:26:03 - 2:26:29)

you'd be surprised how simple everything is that seems to be complicated once you see the truth if we wanted the ultimate truth as much as we want to be a body we would have it in a matter of days that's how simple it is